

Making the Most of Learning Brain Europe

Remember that the principles of brain-friendly learning apply to adults too. It's easy to forget the simple things that you can do to optimise your learning:

Drink Lots of Water

8 – 10 glasses a day are recommended. We have supplied water coolers to ensure there is plenty available. Many schools now have a policy of allowing water on children's desks. For those not familiar with the reasoning, here are the basics:

- Dehydration causes tiredness, lethargy, boredom, listlessness and headaches.
- As the percentage of water in the blood decreases, the salt level increases, which can cause tenseness and stress.
- Within 5 minutes of drinking water, a decline can be seen in the level of stress-raising hormones.

Move Around

There is a great deal of research going on into how physical activity benefits the brain, and some of this will be discussed in conference sessions. Try a short brisk walk between sessions (the size of the stadium makes this easy!); use the stairs if you can, rather than the lifts or escalators, and participate in the energisers led by Christi Brown.

Eat Well

You won't find any Danish pastries or muffins in the breaks (sorry!). We've planned the refreshments to try to avoid making you feel sleepy. To keep alert, do eat something at each break and at lunch-time.

Sleep Well

Increasingly, research confirms the importance of around 8 hours sleep for maximum day-time functioning, for sustaining concentration levels, for processing what you have learnt and for problem solving. Sleep well the night before the conference and your attention levels will be boosted; sleep well after and what you have learnt will be better absorbed into long-term memory.

“Good teaching is one-fourth preparation and three-fourths theater”.

Gail Godwin